Mindluster Platform

About the course Isometric Cervical rotation for neck Pain

Isometric Cervical rotation course, in this course we will learn about Isometric Cervical rotation exercises, aimed at strengthening the muscles surrounding the neck and improving mobility and stability in this area. These exercises involve applying gentle force with the head to move in a specific direction while resisting actual movement. Participants will explore various techniques and benefits of Isometric Cervical rotation for alleviating muscle tension, enhancing neck function, and promoting overall neck health. Through guided instruction and practical demonstrations, this course equips individuals with effective strategies to incorporate Isometric Cervical rotation exercises into their wellness routines, promoting strength and flexibility in the neck region while reducing the risk of injury.

Medical Category's Courses

Course Lesson(50)

Lesson 1 : **Chin Tucks Sitting Ask Doctor Jo**

Lesson 2 : **Upper Trapezius Stretch Ask Doctor Jo**

Lesson 3 : **Levator Scapula Stretch Ask Doctor Jo**

Lesson 4 : **Shoulder PNF Pattern D1 Ask Doctor Jo**

Lesson 5 : **Prone ITWYs for Shoulder Ask Doctor Jo**

Lesson 6 : **Shoulder External Rotation with Resistive Band Ask Doctor Jo**

Lesson 7 : **Shoulder Sleeper Stretch for Internal Rotation Range of Motion Ask Doctor Jo**

Lesson 8 : **Shoulder Shrugs Ask Doctor Jo**

Lesson 9 : **Shoulder Internal Rotation with Towel Ask Doctor Jo**

Lesson 10 : **Shoulder Horizontal Abduction with Resistance Ask Doctor Jo**

Lesson 11 : **Shoulder Circles Ask Doctor Jo**

Lesson 12 : **Isometric Cervical Flexion for Neck Strengthening Ask Doctor Jo**

Lesson 13 : **First Rib Mobilization with Strap Ask Doctor Jo**

Lesson 14 : **Shoulder Flexion Table Slides Ask Doctor Jo**

Lesson 15 : **Thoracic Rotation in Quadruped Ask Doctor Jo**

Lesson 16 : **Posterior Capsular Stretch Ask Doctor Jo**

Lesson 17 : **Got Neck Pain Try This Stretch for INSTANT Pain Relief**

Lesson 18 : **Serratus Punches Supine Ask Doctor Jo**

Lesson 19 : **Shoulder Squeezes Ask Doctor Jo**

Lesson 20 : **Got Shoulder Pain Try This Exercise for INSTANT Pain Relief**

Lesson 21 : **Got Shoulder Pain Try This Stretch for INSTANT Pain Relief**

Lesson 22 : **Got Neck Pain Try This Exercise for Instant Pain Relief**

Lesson 23 : **Isometric Cervical Rotation for Neck Pain Ask Doctor Jo**

Lesson 24 : **First Rib Mobilization with a Ball Ask Doctor Jo**

Lesson 25 : **Inferior Capsular Stretch Ask Doctor Jo**

Lesson 26 : **Shoulder Abduction Table Slides Ask Doctor Jo**

Lesson 27 : **Codman Pendulum Circles Ask Doctor Jo**

Lesson 28 : **Relieving My Neck Pain FAST**

Lesson 29 : **Easy Neck Pain Relief Why Chin Tucks Are My Favorite Daily Exercise**

Lesson 30 : **Prone Ws for Shoulder Ask Doctor Jo**

Lesson 31 : **Seated Rows with Resistive Band Ask Doctor Jo**

Lesson 32 : **Prone Ys for Shoulder Ask Doctor Jo**

Lesson 33 : **Prone Ts for Shoulder Ask Doctor Jo**

Lesson 34 : **Shoulder Snow Angels Ask Doctor Jo**

Lesson 35 : **Serratus Punches with Resistive Band Ask Doctor Jo**

Lesson 36 : **Shoulder Internal Rotation with a Weight for Shoulder Mobility Ask Doctor Jo**

Lesson 37 : **Isometric Cervical Extension Ask Doctor Jo**

Lesson 38 : **Cervical Extension Ask Doctor Jo**

Lesson 39 : **Table Slides Shoulder Scaption Ask Doctor Jo**

Lesson 40 : **Bear Hugs with Resistive Band Ask Doctor Jo**

Lesson 41 : **Shoulder PNF Pattern D1 Resisted Ask Doctor Jo**

Lesson 42 : **Shoulder External Rotation with a Weight for Shoulder Mobility Ask Doctor Jo**

Lesson 43 : **Cervical Rotation Ask Doctor Jo**

Lesson 44 : **Reach Roll and Lift Ask Doctor Jo**

Lesson 45 : **Cervical Flexion Ask Doctor Jo**

Lesson 46 : **Isometric Shoulder Extension Ask Doctor Jo**

Lesson 47 : **Cervical Sidebend Ask Doctor Jo**

Lesson 48 : **Codman Pendulum Front to Back Ask Doctor Jo**

Lesson 49 : **Shoulder Stabilization in Quadruped Ask Doctor Jo**

Lesson 50 : **Prone Is for Shoulder Ask Doctor Jo**

Related courses

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